

2015 CALS Teaching Enhancement Symposium

Session: Unlocking Creativity through Mindfulness – The New Campus-wide UF Mindfulness Program to Enhance Teaching

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What is mindfulness?

“Mindfulness is deliberately paying full attention to what is happening around you and within you (in your body, heart and mind) in the present moment. Mindfulness is awareness without criticism or judgement (Chozen Bays, 2011).

“Paying attention in a particular way, on purpose, in the present moment and non-judgmentally” (Siegel, 2010; Kabat-Zinn, 1994; 2015).

UF Mindfulness Project funded by the UF Creative Campus Program

Project web site & blog: <http://mindfulness.ufl.edu>

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Further Reading: Mindful Teacher, Mindful Education and Mindful Learning

Barbezat, D.P. and Bush, M. (2014). Contemplative practices in higher education - powerful methods to transform teaching and learning. Jossey-Bass Publ., San Francisco, CA.

Bhante Gunaratana (2011). Mindfulness in plain English. Wisdom Publ., Boston, MA.

Chazen Bays (2011). How to train a wild elephant & other adventures in mindfulness. Shambhala Publ., Boston, MA.

Hanson, R. (2013). Hardwiring happiness: the new brain science of contentment, calm and confidence. Harmony Publ., New York, NY.

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Kabat-Zinn, J. (2015). Meditation—It's Not What You Think. *Mindfulness* 6, 393–395.

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McCown, D., Reibel, D., and Micozzi, M.S. (2010). Teaching mindfulness - a practical guide for clinicians and educators. Springer Publ., New York, NY.

Mind & Life Institute (2015). Mind & Life Institute. <https://www.mindandlife.org/>.

Palmer, P.J. and Zajonc, A. (2010). The heart of higher education. Wiley Publ., San Francisco, CA.

Rechtschaffen, D.J. (2014). The way of mindful education - cultivating well-being in teachers and students. Norton Books, New York, NY.

Ricard, M., Lutz, A., and Davidson, R.J. (2014). Mind of the meditator - Contemplative practices that extend back thousands of years show a multitude of benefits for both body and mind. *Scientific American*, 39–45.

Schoeberlein David, D. Mindful teaching and teaching mindfulness. Wisdom Publ., Boston, MA.

Siegel, D.J. (2010). Mindsight - a new science of personal transformation. Bantam Books, New York, NY.

Resources

- Journal of Mindfulness (available via UF elibrary)
- American Mindfulness Research Association: <https://goamra.org/> (info@goamra.org). Mindfulness research monthly: <https://goamra.org/publications/>
- www.Mindful.org
- Center for Mindfulness, University of Massachusetts Medical School, Jon Kabat-Zinn: <http://www.umassmed.edu/cfm/about-us/people/2-meet-our-faculty/kabat-zinn-profile/>.
- Mindfulness – An introduction with Jon Kabat-Zinn: <https://www.youtube.com/watch?v=xexhXDkzpw>